

STAGE 4: EMERGING

AGES 12-14 YEARS OLD

KEY OBJECTIVES FOR SUCCESS

Focus - Where we spend most of our time

Technical and Tactical Refinement

Goals for this stage of development - What we are trying to achieve

To combine technical skills with tactical understanding to develop as a well-rounded lacrosse player, while also improving physically and psychologically in preparation for more competitive settings.

Player-centered environment - what it should look like

Fun, accepting, meaningful, safe and positive. Rewards improvement and effort, develops healthy peer relationships. Appeals to players' sense of need to belong yet also develop a positive personal identity through team dynamics. Recognizes individual strengths and potential. Growth mindset. Mastery environment is evident.

PLAYER DEVELOPMENT

Athletic Development

Agility, footwork, dynamic balance, speed, multi-directional speed, core strength, lower extremity strength (for injury prevention), endurance (at growth spurt), plyometric/power, flexibility.

Technical (Skills) Development

Consistently demonstrates and can execute fundamental skills under pressure. Developing stick checking and body checking ability as allowable within the rules. Developing proficiency of position-specific skills

Tactical (Strategy) Development

Exploring extra-player defense and offense, Mastering numbers situations and tactical play. Developing transition, riding and clearing skills for transition to full-sided play. Developing awareness and anticipation.

Psychological Development - working to support athletes in these areas...

Autonomy, choosing one's activities, setting more complex and long-term goals, seeing long-term benefits to hard work, developing good peer relationships and teamwork, self-motivation. Respect for the game, teammates, opponents, coach, officials, and self.

Social-Behavioral Development - we know that at this age athletes are...

Going through a time of rapid change physically, are very aware of body and differences in maturity. Self-identity is being formed. Participation in sport is largely dependent upon friends. Can understand full scope of rules of the game and consequences of one's actions.

Cognitive Development

Starting to really understand tactical concepts; recall memory is as good as an adult by this age; can follow complex instructions; analytical thought; performance in competition can be inconsistent; able to run, cradle and think. Idea of covering field space with passes makes sense, eager to learn but still want to play.

TRAINING

Ratio of Training (Technical and Tactical Skill Development) to Competition + Competition Specific Preparation

60:40

Primary Objective of Training

To refine technical skills and develop tactical proficiency. Practices include regular competitive situations in progressions, include competitive games that reinforce understanding, and high-repetition game-like drills. Include free play.

Max Recommended Ratio (coach:player)

15:1

Length of Sessions

90 minutes

Frequency*

Up to 3x a week during an 8-14 week season

Multi-Sport Participation/Sport and physical activity diversification/Other sports and activities

Athlete may decide to start focusing more on 1-2 key sports. If lacrosse rises to the top in motivation and desire, suggest picking another sport that is complimentary during another season. Such as field hockey, soccer, ice hockey, football, basketball etc.

COMPETITION

Competition Structure

Full-Field Game (can also stay with modified play early in stage depending on development)

Field Size

Modified field/Full Field

Developmental Purpose of Competition

FUN, using technical proficiency to further expand tactical decision-making and develop situational understanding.